

PHYSICAL AGILITY TEST REQUIREMENTS

How Will Physical Fitness Be Measured?

The Physical Agility Test consists of three basic tests. Each test is a scientifically valid test. It is recommended that five minutes of static stretching be completed prior to each test. A five-minute rest is recommended between each test, with a fifteen-minute rest before the 1.5-mile run. The tests will be given in the following sequence with a rest period between each test.

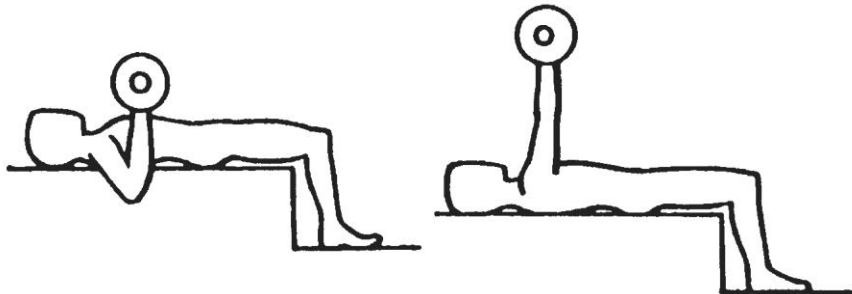
1. **1 Minute Sit-Up Test**

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing tasks that may involve the use of force and is also an important area for maintaining good posture and minimizing lower back problems. *The score is in the number of bent leg sit-ups performed in one minute.*



2. **One (1) Repetition Maximum Bench Press**

This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing tasks requiring upper body strength. *The score is a ratio of weight pushed divided by body weight.*



3. 1.5 Mile Run

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. *The score is in minutes and seconds.*



What Are the Standards?

- The actual performance requirement for each test is based upon norms for a national population sample.
- The applicant must pass every test listed below.

Test Requirements	
1-Minute Sit-Up	24
Max Bench Press %	52%
1.5 Mile Run	16:52